

Screening Survey for Depression PHQ9

11/24/04 MKT Review

Sometimes people experience symptoms of depression. I would like to ask you some questions to see how you are doing. The questions are not designed to diagnose depression, but may indicate possible signs of depression. Be sure to talk with your doctor if you feel depressed.

1. Over the last two weeks, how often have you been bothered by any of the following problems?

a. Little interest or pleasure in doing things

Not at all Several days More than half the days Nearly every day

b. Feeling down, depressed, or hopeless

Not at all Several days More than half the days Nearly every day

c. Trouble falling asleep, staying asleep, or sleeping too much

Not at all Several days More than half the days Nearly every day

d. Feeling tired or having little energy

Not at all Several days More than half the days Nearly every day

e. Poor appetite or overeating

Not at all Several days More than half the days Nearly every day

f. Feeling bad about yourself, feeling that you are a failure, or feeling that you have let yourself or your family down

Not at all Several days More than half the days Nearly every day

g. Trouble concentrating on things such as reading the newspaper or watching television

Not at all Several days More than half the days Nearly every day

h. Moving or speaking so slowly that other people could have noticed or being so fidgety or restless that you have been moving around a lot more than usual

Not at all Several days More than half the days Nearly every day

- i. Thinking that you would be better off dead or that you want to hurt yourself in some way

Not at all Several days More than half the days Nearly every day

2. Are you receiving counseling for depression?

- Yes
- No

3. Are you taking medicine for depression?

- Yes
- No

If plan participant's total score is equal to or less than 5, proceed:

You do not appear to have symptoms of depression according to these questions. Talk with your doctor if you ever feel depressed. Remember that this survey is not designed to diagnose depression.

If plan participant's total score is greater than 5, proceed:

- You may experiencing symptoms of depression.
- It would be a good idea to be checked by your doctor.
- Please let you doctor know how you are feeling

If plan participant verbalizes that he/she is thinking about harming himself/herself, proceed to Crisis Intervention.